



education and training for health and fitness professionals

# Specialist Instructor in Cancer & Exercise Rehabilitation



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[www.canrehab.co.uk](http://www.canrehab.co.uk)

The CanRehab team was the first U.K. training provider to be able to offer a **Level 4 Cancer and Exercise Rehabilitation Award** – now known as the **CanRehab Specialist Instructor in Cancer & Exercise Rehabilitation Course** which is endorsed by CIMSPA and REPs Ireland.

In the past it was assumed that the best advice to give anyone diagnosed with cancer was to rest as much as possible. However, research has shown that too much rest may result in loss of stamina, muscle tone and bone strength. As with other long-term conditions such as cardiac disease, diabetes and chronic obstructive pulmonary disease it is time to provide cancer rehabilitation as part of a cancer care package and make a policy shift towards recommending physical activity during and after cancer treatment.

CanRehab believe there is a growing awareness among many health professionals that by prescribing exercise to patients living with cancer they can not only reduce the side effects of cancer treatment but can also reduce the risk of the cancer recurring. In addition, the benefits of prehabilitation is now becoming a recognised and incorporated into the cancer care pathway.

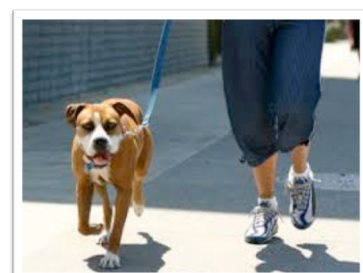
The CanRehab Cancer and Exercise Rehabilitation course, including all course materials, access to the training portal and assessment is £650 +VAT (£780 inc)

The knowledge you will gain by completing the **CanRehab Specialist Instructor in Cancer & Exercise Rehabilitation Course** will enable you to deliver safe, effective and individualised exercise classes and individual sessions to your clients living with cancer. Additionally, you may also be able to increase and expand your job opportunities within the NHS and through GP referral schemes as more health professionals include exercise as part of a cancer care package for patients both during and after cancer treatment.

CanRehab believes that it is vitally important that patients are given the correct advice by trained professionals who are able to design and adapt a physical activity programme for each individual patient which will aid their recovery. On successful completion of the assessment, and with the correct professional fitness qualifications, you will be a recognised specialist exercise instructor in cancer rehabilitation.

**This is of interest to:**

- Fitness Professionals
- Health Professionals and Academics
- Qualified Pilates and Yoga instructors
- Managers of Rehabilitation Services



## Course Content

CanRehab has successfully moved all our face-to-face training to live synchronous online teaching. The course is now 6 teaching days of 6 hours to maintain the high standard of education. You will be taught by several tutors over this time, all of whom are considered experts in their field. The course structure allows group work, formative assessments, one to one “chat” with tutor, all from the comfort of your own home!

In the days in between teaching there is some homework, which would take approximately one hour. You will be provided with the CanRehab Reference Manual, a course manual, and access to the CanRehab Learner’s portal to be used alongside the taught module to enhance self-study. In addition, a private Facebook group is set up for each course cohort to ensure students are supported right up until the assessments completed. On completing this award you will:

- Understand the causes of cancer, current cancer treatments and the side effects relevant to exercise prescription.
- Be familiar with the most recent evidence on the effects of different exercises on specific cancer types and specific side effects of cancer treatments
- Confidently prepare a reliable and effective system of communication and information gathering with clients and health professionals.
- Be capable of carrying out a risk assessment, exercise testing and prescribing personalised exercise programmes for each patient/client living with cancer.
- Be able to deliver safe and effective physical activities with patients/clients living with or beyond cancer.

Please note: This course assumes students attending are familiar with some general principles of exercise. Only with additional fitness qualifications can you be considered a Specialist Cancer Exercise Instructor. Please email to ask about your specific case: [info@canrehab.co.uk](mailto:info@canrehab.co.uk).

## Course Assessments

On completing the course you will be assessed using the following criteria:

- Theory exam will include a multiple choice question paper and a short answer paper and will be based on the course presentations.
- Case study: you will be required to write a case study on a real client living with cancer.
- Practical viva: this will give you an opportunity to discuss and demonstrate the screening and adapting of an exercise programme for the CanRehab example client studies studied during the course teaching.

In order to gain the CanRehab Cancer Rehabilitation award you must pass all elements of the required examinations. You will receive your results in a report, which will contain the feedback from the assessor.

### Resit Policy

If you do not gain the required mark to pass one or more sections of the assessment, this will result in a referral.

You are entitled to take each part of the CanRehab examinations up to a maximum of three times. Referrals may be in the form of a viva and are the discretion of the Assessor.

Charges for a referral and resits are detailed below:

Referral of Case Study	£35.00
Referral of SAQ for Viva	£35.00
Referral of MCQ for Viva	£35.00
Referral of Practical Exam for Viva	£35.00
Fail of Written (SAQ/MCQ or both) – Retake	£35.00
Fail of Practical – Retake	£50.00
Fail of Written & Practical - Retake	£85.00

**To ensure you are continuing to practice safely within current guidelines, you must revalidate your qualification every three years. Revalidation is a standard way of regularly confirming that you remain up to date and are continuing to practice safely within the CanRehab Cancer Exercise Evidence-based Guidelines. See website for details.**

## Terms & Conditions

Places on CanRehab training courses are subject to availability and will be allocated on a first come first served basis, unless the course has been commissioned by a single funding source. In this circumstance it is up to the organisers to decide who are allocated places.

CanRehab reserve the right to cancel any courses which we deem not to be viable i.e. sufficient numbers of candidates have not registered for the course within 14 days of the advertised course start date. If CanRehab has to cancel a course all candidates who have registered for the course will be informed and will have the option of a full refund or can substitute their application for another date. Notification of any cancellations will be given by email at least two weeks prior to the start date of the course.

CanRehab will accept cancellations from registered candidates up to two weeks before the course start date and the candidate will have their fee refunded minus a £10 administration charge. All fees are forfeited after this deadline but a candidate can substitute their application for another date.

Candidates are responsible for payment if they do not cancel and do not attend.

CanRehab will issue an email confirming your place on your chosen course once we can confirm that sufficient candidates have registered on the course.

CanRehab will make the decision regarding course numbers and viability two weeks before the start date of the course. All information provided to CanRehab will be held in the strictest confidence.

In order to be awarded your award and CanRehab certificate you must have passed all elements of the assessment within 1 year of the date of your assessment. Otherwise you will be required to re-register on another course at your own expense. If any component of the assessment has been failed, the student will be required to pay a resit charge. If the candidate is unable to attend the assigned assessment date then they are welcome to join another assessment being run by CanRehab if there is space. Or they can, at their own expense, organise for an assessor to carry out their assessment privately.



## Additional Information

The receipt of the CanRehab certificate is **not** an indication that the recipient has a full fitness qualification.

CanRehab is committed to provide appropriate support to learners that have additional needs or disabilities.

It is the applicant's responsibility to inform, on the application form, any barriers to learning and what adaptations we can make to help. You may be asked to provide recent evidence of diagnosis of this disability, for example dyslexia, for the appropriate compensation to be implemented, especially for assessments. Similarly any medical condition that may impact on participation during the course should be brought to our attention. All information will be treated in confidence and we will make reasonable adjustments to meet your needs.

We have policies in place for amongst others, Health and Safety, Equal Opportunities and Appeals. These can be requested from the CanRehab administrator.

To fully interact in this course which is delivered live online, you should have access to stable internet connection and be reasonably competent with working with online documents and have ZOOM installed. You are expected to attend every session and interact with the group.

You will be provided with a manual, a DVD and access to the CanRehab Learner's portal to be used alongside the taught module to enhance self-study.

**By submitting a CanRehab application form you are confirming that you have read and understood our Terms and Conditions.**

